

# Y GYMNASTICS™

We build strong kids, strong families, strong communities.



**Grand Traverse Bay YMCA**  
**1100 Woodmere**  
**Traverse City, MI 49686**

*This is not a TCAPS program*

Grand Traverse Bay YMCA Recreational Gymnastics classes will meet weekly for six weeks. PreTeam & Team classes are ongoing with monthly payment plan. **Y Gymnastics will have final approval on class placement.** Phone Y Gymnastics at 929-2869 with all gymnastics questions. Session dates:

**Fall II (6 weeks): Week of Nov 2 – Week of Dec 7 (Nov 26 – 29 move to Dec 17 – 20)**

**Winter I (6 weeks): Week of Jan 4 – Week of Feb 8**

## **Boys & Girls ages 1 - 3 (w/parent)**

Y Members: \$25 non-Members: \$49  
 \_\_\_ Mon 10:30 am \_\_\_ Wed 10:30 am  
 \_\_\_ Thurs 10:00 am \_\_\_ Fri Noon  
 \_\_\_ Sat 10:30 am (all classes 45 minutes)

## **Boys & Girls ages 3 - 4**

Y Members: \$25 non-Members: \$49  
*(This class ONLY available to 3 year olds upon placement by a YMCA Gymnastics coach)*

\_\_\_ Mon 10:30 am \_\_\_ Mon 4:30 pm  
 \_\_\_ Mon 5:30 pm \_\_\_ Tue 4:30 pm  
 \_\_\_ Tue 5:30 pm \_\_\_ Tue 6:30 pm  
 \_\_\_ Wed 10:30 am \_\_\_ Wed 5:00 pm  
 \_\_\_ Wed 6:00 pm \_\_\_ Thurs 10:00 am  
 \_\_\_ Thurs 3:30 pm \_\_\_ Thurs 4:30 pm  
 \_\_\_ Thurs 5:30 pm \_\_\_ Thurs 6:30 pm  
 \_\_\_ Fri Noon \_\_\_ Sat 10:30 am  
 \_\_\_ Sat 12:30 pm (all classes 45 minutes)

## **Boys & Girls ages 5 - 6**

Y Members: \$25 non-Members: \$49  
 \_\_\_ Mon 10:30 am \_\_\_ Mon 4:30 pm  
 \_\_\_ Mon 5:30 pm \_\_\_ Tue 4:30 pm  
 \_\_\_ Tue 5:30 pm \_\_\_ Tue 6:30 pm  
 \_\_\_ Wed 10:30 am \_\_\_ Wed 5:00 pm  
 \_\_\_ Wed 6:00 pm \_\_\_ Thurs 10:00 am  
 \_\_\_ Thurs 3:30 pm \_\_\_ Thurs 4:30 pm  
 \_\_\_ Thurs 5:30 pm \_\_\_ Thurs 6:30 pm  
 \_\_\_ Fri Noon \_\_\_ Sat 10:30 am  
 \_\_\_ Sat 12:30 pm (all classes 45 minutes)

## **Boys Only ages 7 & up Rollers**

Y Members: \$30 non-Members: \$54  
 \_\_\_ Tue 6:30 pm \_\_\_ Wed 6:00 pm  
 \_\_\_ Thurs 4:30 pm \_\_\_ Sat 11:30 pm  
 (all classes 55 minutes)

## **Advanced 1 Kippers**

Y Members: \$46 non-Members: \$70  
 (coach recommendation required)  
 \_\_\_ Mon 5:30 pm \_\_\_ Tue 5:30 pm  
 \_\_\_ Wed 6:00 pm \_\_\_ Thurs 4:30 pm  
 \_\_\_ Sat 9:30 am (all classes 2 hours)

## **PARENTS PLEASE NOTE:**

*Y Gymnastics is a progressive program. To assure the best and safest coaching for your child and other children, class placement by our coaches is necessary.*

## **Beginner Girls ages 6 & up Rollers**

Y Members: \$30 non-Members: \$54  
 (This class ONLY available to 6 year olds upon placement by a YMCA Gymnastics coach)

\_\_\_ Mon 4:30 pm \_\_\_ Mon 5:30 pm  
 \_\_\_ Mon 6:30 pm \_\_\_ Tue 4:30 pm  
 \_\_\_ Tue 5:30 pm \_\_\_ Tue 6:30 pm  
 \_\_\_ Wed 5:00 pm \_\_\_ Wed 6:00 pm  
 \_\_\_ Thurs 4:30 pm \_\_\_ Thurs 5:30 pm  
 \_\_\_ Thurs 6:30 pm \_\_\_ Sat 10:30 am  
 \_\_\_ Sat 11:30 am (all classes 55 minutes)

## **Intermediate ages 6 & up Swingers**

Y Members: \$30 non-Members: \$54  
 (coach recommendation required)  
 \_\_\_ Mon 4:30 pm \_\_\_ Mon 5:30 pm  
 \_\_\_ Mon 6:30 pm \_\_\_ Tue 4:30 pm  
 \_\_\_ Tue 5:30 pm \_\_\_ Tue 6:30 pm  
 \_\_\_ Wed 5:00 pm \_\_\_ Wed 6:00 pm  
 \_\_\_ Thurs 4:30 pm \_\_\_ Thurs 5:30 pm  
 \_\_\_ Thurs 6:30 \_\_\_ Sat 10:30 am  
 \_\_\_ Sat 11:30 am (all classes 55 minutes)

## **\*NEW\* Int ages 6 & up 2 hour group**

Y Members: \$46 non-Members: \$70  
 (coach recommendation required)  
 \_\_\_ Mon 5:30 pm \_\_\_ Tue 5:30 pm  
 \_\_\_ Wed 6:00 pm (all classes 1hr 55min)

**PRIVATE LESSONS: \$42/hr**

## **Advanced 2 Flyers**

Y Members: \$76 non-Members: \$100  
 (coach recommendation required)  
 choose any two times  
 \_\_\_ Mon 5:30 pm \_\_\_ Tue 5:30 pm  
 \_\_\_ Wed 6:00 pm \_\_\_ Thurs 4:30 pm  
 \_\_\_ Sat 9:30 am (all classes 2 hours)

## **Pre-Team Levels 1-3 (4 hrs) Flippers**

Y Members: \$66/mo non-Members: \$80/mo  
 \_\_\_ Tues & Thurs 4:30 – 6:30 pm

## **Pre-Team Levels 4 (6 hrs) Twisters**

Y Members: \$84/mo non-Members: \$98/mo  
 \_\_\_ Tues & Thurs 4:30 – 7:30 pm

## **Pre-Team Levels 4-5 (9 hrs) Twisters**

Y Members: \$98/mo non-Members: \$112/mo  
 \_\_\_ Mon, Tue, Thurs 4:30–7:30 pm

## **Team Level 5 (12 hr)**

Y Members: \$120/mo non-Members: \$134/mo  
 \_\_\_ Mon, Tue, Thurs 4:30–8:30

## **Team Levels 5-6 (16 hr)**

Y Members: \$164/mo non-Members: \$178/mo  
 \_\_\_ M,T,Th 4:30 – 8:30 pm, Sat 9:30 – 1:30

## **Team Levels 6-7 (20 hr)**

Y Members: \$210/mo non-Members: \$224/mo  
 \_\_\_ M,T,W,Th 4:30 – 8:30 pm, Sat 9:30 – 1:30

## **Team Levels 8-10 (24 hr)**

Y Members: \$240/mo non-Members: \$254/mo  
 \_\_\_ M-F 4:30 – 8:30 pm, Sat 9:30 – 1:30

**Birthday Parties**  
**with our Adrenaline Maze**  
**Bounce House! Call**  
**929-2869 for details.**

## **Gymnastics For HS Cheerleaders**

Form your own group; set your own times!  
 group of 8 or less: \$42/hr total  
 group of 9 or more: \$5/hr each

Name \_\_\_\_\_ M/F Address \_\_\_\_\_  
 Age \_\_\_\_\_ Grade \_\_\_\_\_ Birthdate \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Mother's Name \_\_\_\_\_ (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ Current Y Member?: Y/N

Father's Name \_\_\_\_\_ (Home) \_\_\_\_\_ (Work) \_\_\_\_\_ Member Exp Date \_\_\_\_\_

**Liability Release, Sportsmanship Pledge, and Understanding of Mission:** I hereby assume all risks incidental to the above person's participation and waive, release, absolve, indemnify, and agree to hold blameless the Grand Traverse Bay YMCA, its organizers, volunteers, sponsors, and other participants for any claim arising out of injury to said person during such participation. I give my permission to the Grand Traverse Bay YMCA for this registrant to appear in photographs, videotapes, etc. associated with YMCA programs. PARENTS: Our staff is trained in child abuse prevention and all sign a code of conduct. Please report any suspicious activity immediately. *I will at all times display the YMCA values of honesty, respect, caring, and responsibility and encourage all gymnasts and coaches in a positive manner. I understand the Y mission in offering this program: to build strong kids, strong families, and strong communities.*

Signed \_\_\_\_\_

Date: \_\_\_\_\_

For Office Use Only:

Date received \_\_\_\_\_ Received by \_\_\_\_\_ Amount received \_\_\_\_\_

Method of payment: cash check VISA/MC# \_\_\_\_\_ Expiration Date \_\_\_\_\_

Program Number = 841